

Feeding Cow's Milk During First 12 Months

**Definition/
cut-off value**

Feeding whole, low-fat, reduced fat, skim, or non-fat milk (fresh, canned evaporated or sweetened condensed), or recipes using any of these products as the primary source of milk before the 1st birthday (< 12 months).

**Participant
category and
priority level**
Category

Infants

Priority

IV

Justification

Cow's milk has insufficient nutrients and can cause occult blood loss, stress on the kidneys and allergic reactions. Sweetened condensed milk has an abundance of sugar which displaces other nutrients or causes overconsumption of calories. Recipes using canned evaporated milk do not contain optimal kinds and amounts of nutrients infants need.

**Clarifications/
Guidelines**

Before assigning this risk code, be sure to document the use of cow's milk on the diet/health history form.

References

1. AAP, CON: The Use of Whole Cow's Milk in Infancy; 1992.
2. Fomon, S.: Nutrition of Normal Infants; 1993; pp. 94-97, 423-424.